

Explore: Scenarios

Meet Nathan

Nathan is a 10-year-old boy who enjoys being active but is having a hard time keeping up in a game of soccer. Nathan can run and understands the rules of the game, but he is not skilled when it comes to kicking or passing the ball. This is starting to upset Nathan, and yesterday you noticed he chose to sit out instead of joining in the game.

How could you help motivate Nathan to get back in the game? Is there anything you can do to help him practice his skills?

Meet Maria

Maria is an 11-year-old girl who is beginning to go through puberty. You have noticed that lately Maria has had body odor and her hair seems unwashed. You suspect that Maria hasn't been caring for her growing body the way she should.

What kind of resources or tips could you share with Maria to help her learn what she needs to do to care for herself?

Meet Hayden

Hayden is a 7-year-old girl who does not like to be physically active. She would rather spend her after-school time playing on the iPad or reading a book than being outside or participating in a group physical activity. You have had quite a few conversations with Hayden to try to come up with some ideas to motivate her to move. You've learned that she does not participate in any organized sports and her family life is pretty hectic. You did discover that her favorite television shows are singing and dancing competitions and that she loves to read about animals.

What are some ways you might be able to motivate Hayden to be physically active? What types of activities could you plan to engage Hayden in physical activity? How could you explain the health benefits of physical activity to Hayden?